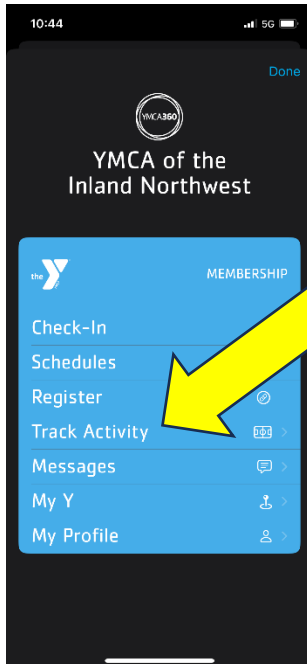


How to Track Activity using the Mobile App

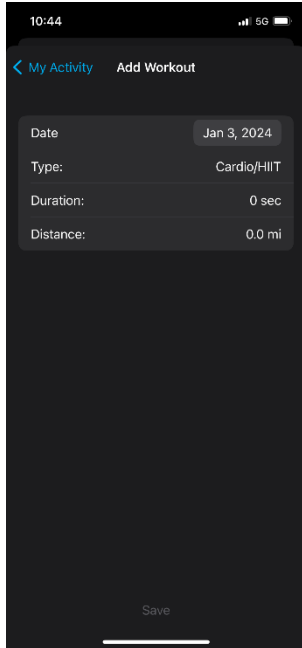


From the Home Screen, you can find all of your own information and schedules by clicking on the Y icon at the bottom of the screen.



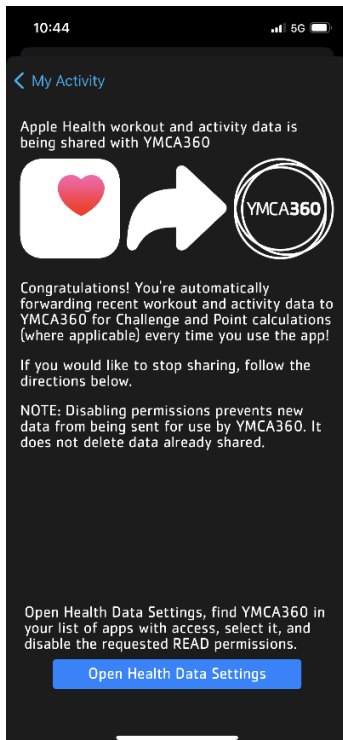
Click on Track Activity to add a Workout or connect to your Apple Health app.

How to Track Activity using the Mobile App



Here, you can manually add a workout that you recently completed.

Soon, you will be able to connect directly to your personal wearable activity tracker! We'll keep you posted on this update!



While on the My Activity page, you have the option to connect your activity to your Apple Health app by selecting this action.